

# Know your numbers

## BMI Tracker

Date	Height	Weight	BMI

Source: Centers for Disease Control and Prevention. Applicable to adults only.

Body mass index (BMI) is a tool for indicating weight status in adults. As BMI rises, the risk for some diseases increases. Talk with your doctor about how your BMI can affect your health, and steps you can take.

### Body Mass Index (BMI) Classification:

◇ Obese  $\geq 30$

◇ Overweight = 25- 29.9

$$\text{BMI} = \left[ \frac{\text{weight in pounds}}{(\text{height in inches}) \times (\text{height in inches})} \right] \times 703$$

◇ Normal = 18.5- 24.9

◇ Underweight  $< 18.5$

Using the BMI tracker once weekly can track your progress and help you reach your goals. Weigh yourself on the same day of the week and at the same time, calculate your BMI periodically to see your progress. You will find an automatic BMI calculator and other resources at [hillphysicians.com](http://hillphysicians.com). Once there:

- Click on your health.
- Choose health assessment tools on the left sidebar.
- Find the BMI calculator under Nutrition & Weight Management.

# Healthy Lifestyle Rewards

Cash rewards for a healthier life.

Healthy Lifestyles Rewards is an interactive online program that rewards you and every CalPERS Blue Shield member on your plan (age 18 and older) with cash for participating and adopting healthy lifestyle habits. With access to online exercise, nutrition, and other specialized trackers, recording your day-to-day activities is easy and convenient. For no extra cost you will have access to resources to help you eat healthy, manage your stress, quit smoking, get fit, and more.

## Privacy

Any wellness information that you enter on the Healthy Lifestyle Rewards program is confidential and will not be seen by your employer.

## 2 easy steps to get started today:

### 1. Register

- Go to [blueshieldca.com/hlr](https://blueshieldca.com/hlr)
- Click register now
- Enter your member ID number found on your Blue Shield member ID card and your date of birth.
- Review the Terms and Conditions of Participation and set up your preferences.

### 2. Take the wellness assessment

After registering you will need to take the wellness assessment to customize your wellness program. Information such as your age, weight, medical history, and other vitals will help sculpt the right wellness program for you. For completing this assessment you will immediately be able to redeem a reward of \$50.

**Little changes can have a big impact on weight loss and BMI.**

**Choose one to start this week:**

- ☐ Record what you eat and drink for one week or longer (2-3 times a week) and then assess where you could cut calories to improve your health.
- ☐ Pack healthy snacks such as whole grain crackers or a banana, so that you are not tempted by unhealthy options. Then snack in moderation.
- ☐ Cut 100 calories a day while burning an extra 100 calories a day. Research has shown you won't even notice eating a little less and exercising a little more, but 200 calories daily yields weight loss of over 20 pounds a year.
- ☐ Create opportunities throughout the day to increase your activity. Park farther away, take the stairs, or lift weights while watching TV.
- ☐ Walk with a friend, attend workout classes, or create a recreational sports team with your co-workers (soccer, baseball, basketball, etc.).
- ☐ Always check labels for calories and the serving size. Just because something is labeled as healthy does not mean that it is.
- ☐ Use oil sprays and butter sprays to cook meals.
- ☐ Opt for fat-free milk.
- ☐ When picking out meats choose lean cuts, skinless chicken, and trim fat off meat before cooking.
- ☐ Plan meals so that half of the plate is vegetables.
- ☐ Eat off smaller plates and fill your plate in the kitchen so you do not unconsciously overeat, it takes 20 minutes for your body to realize it's full.

**Take advantage of teleclasses, podcasts and resources available through Hill Physicians Medical Group**  
[www.hillhealth.com](https://www.hillhealth.com)